

Assertive Community Treatment (ACT)

Assertive Community Treatment (ACT) is an intensive, multidisciplinary team-building community treatment using home and community visits as the primary mode of intervention and integrating different aspects of treatment. ACT is a treatment model for persons with serious mental illness who have had multiple hospitalizations and difficulty maintaining stability in the community. In Indiana, ACT is operated by Community Mental Health Centers that have received specific certification by the Division of Mental Health and Addiction (DMHA) for ACT. This is aligned with the President's Commission on Mental Health goal to expand the use of evidence-based practices.

Purpose: ACT has been shown to be effective in reducing re-hospitalization, emergency room contact, and arrests. ACT is designed for those that are the most seriously impaired by mental illness and has been shown to be most effective for those that have a history of hospitalization or homelessness. The ACT team is made up of a psychiatrist, a team leader, a nurse, substance abuse specialists, supported employment specialists, and other mental health professionals. The team works together to provide intensive services to help consumers with all aspects of living in the community, medication management, housing, independent living skills, counseling, employment, addiction treatment, and budgeting. ACT has been called “Hospital Without Walls” because those that require services as intensive as ACT would otherwise face probable hospitalization.

The Division of Mental Health has established certification rules for ACT. Community Mental Health Centers may apply for certification for one or more ACT teams and bill Medicaid for the ACT services. The certification process ensures that the provider meets established standards for the ACT program and allows the provider to bill Medicaid through the Mental Health Rehabilitation Option for the services provided by the ACT team.

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